

# SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

FALL 2004

THE CLEVELAND CLINIC  
FOUNDATION 

## One of the Nation's Top Hospitals

For the 15th year in a row, The Cleveland Clinic has been ranked as one of the nation's top hospitals, according to *U.S. News & World Report's* "America's Best Hospitals" listing. The Clinic is also recognized for excellence in 16 medical specialties, and 10 of its specialties are ranked among the country's top 10. The Clinic's Heart Center tops the magazine's list of best heart and heart surgery hospitals for the 10th straight year. The complete 2004 rankings for The Cleveland Clinic:

- (1) heart and heart surgery
- (2) digestive disorders, urology
- (3) rheumatology
- (5) kidney disease, orthopaedics
- (6) neurology and neurosurgery
- (8) ear, nose and throat
- (8) gynecology
- (10) hormonal disorders
- (11) geriatrics, respiratory disorders
- (14) ophthalmology
- (24) rehabilitation
- (26) psychiatry
- (30) cancer

Overall, the Clinic ranks fourth in the nation.



## Help for Allergy Season

### When are you at greatest risk for hay fever?

**T**he pollen or hay fever season generally begins in the spring and continues until the first frost. Pollen—the tiny particles released from trees, grasses and other plants—as well as molds and other fungus materials in the air can trigger hay fever and asthma symptoms. Throughout the Midwest, ragweed is in the air from mid-August through the frost.

If you're allergic to pollen, keep your windows closed and the air conditioning on. This can help lower indoor pollen levels by 90 percent or more.

The severity of hay fever symptoms correlates with fluctuations in the pollen count. By monitoring the counts of pollen grains and mold spores, you'll know when to limit outdoor activities. Pollen counts tend to be higher from 5 to 10 a.m. and from 4 to 6 p.m.

During allergy season, the Cleveland Clinic Allergy/Immunology program's Pollen and Mold Spore Reporting Service monitors the levels of outdoor pollen grains and mold spores in the Cleveland area. **To get the latest counts, call toll-free 866/OHIO-AIR (644-6247).** ●

For appointments at The Cleveland Clinic, call 216/444-2273 or 800/223-2273.

**Are you experiencing dizzy spells?** Schedule an appointment at the Cleveland Clinic Head and Neck Institute by calling **216/444-6691** or toll-free **800/223-2273, ext. 46691**.

## Balancing Act

**M**ore than 40 percent of people over age 60 experience dizziness, which often causes falls.

“Dizziness is a symptom, not a disease,” says Cleveland Clinic balance disorder specialist Judith White, M.D., Ph.D. She explains that dizziness is the body’s warning signal to tell us that something is not working properly. If left untreated, dizziness can cause nausea, headaches, blurred vision and fatigue, as well as contribute to a higher risk of falling.

To help avoid falls:

- Secure small indoor rugs with rug pads or floor tape.
- Use night-lights with photosensors in key areas around the house.
- Avoid placing objects in walking paths.
- Use reflective tape on stairs both inside and outside.
- Choose low-heeled footwear with textured soles for maximum grip.



## Seeing Spots: Recognizing Skin Cancer

While many people might be more familiar with melanoma, the deadliest type of skin cancer, basal cell and squamous cell carcinomas are much more common. These skin cancers usually appear as flat, red, scaly patches; small, smooth, shiny or waxy bumps; or crusted, irritated areas that won’t heal. Simple outpatient procedures can remove the affected areas, and if properly treated, both types have a 95 percent cure rate.

For most people, a professional skin screening should be performed yearly. A dermatologist will inspect your skin and may monitor suspicious growths, moles or sores over a period of time using photographs. A photographic record is a reliable way to scrutinize changes in your skin.

Dermatology services are available at the Cleveland Clinic’s main campus and at several suburban family health centers. For an appointment, call **216/444-5725** or **800/223-2273, ext. 45725**.

## Matters of the Heart

Watch the latest “Medical Miracles” show on Thursday, Oct. 28, at 7:30 p.m., and again on Saturday, Nov. 6, at 1 p.m., on WKYC-TV3. This episode focuses on heart disease. For the 10th year in a row, the Cleveland Clinic Heart Center is ranked No. 1 in the country, according to *U.S. News & World Report’s* “America’s Best Hospitals” listing. For free videotapes of past “Medical Miracles” shows, call toll-free **866/819-8326**.